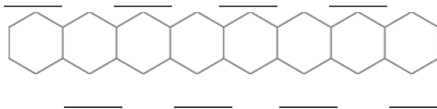# 366 Tiny Changes for 2020

TF

Fill in one space EVERY DAY when you put in your 10 minutes!
(Remember, no makeups if you miss a day!)

Legend (for optional color-coding):
add your own labels on the provided lines
for activities you find yourself repeating

tiny changes ♥ big results

For more, visit tinyfitnesshouston.com/2020